



WORKSITE WELLNESS NEWS

VOLUME VI, ISSUE 3

NOVEMBER 1, 2013

SPECIAL POINTS OF INTEREST:

- **Health Assessments due this month!**
- **Open Enrollment Meeting Calendar**

INSIDE THIS ISSUE:

Great American Smokeout 2

Sexual Harassment & Rape Prevention Training 2

FREE Jazzercise Class Offered 2

Know Your Benefits 3

Health Assessments Due November 4th!

If you would like to participate in the City's health assessment program, Healthy Lifestyles, your packet must be turned into Risk Management or to the City of Bryan Employee Health Center by Monday, November 4th. As a reminder, by participating in the program, you will receive our Healthy Lifestyles premiums, which is \$100 less per month than that of a non-participant.

If you have not yet completed your assessment, you may still call the City of Bryan Employee Health Center to schedule an appointment or have the screening completed through your own primary care physician. If you have completed your initial screening and were asked to follow-up due to one or more of your values falling outside of the established parameters, you will have until December 6th to do so and to return your physician's note to Risk Management.

If you have questions regarding the health assessment program, please contact Risk Management by calling 209-5050 or email lward@bryantx.gov. Don't miss out on your chance to participate for Plan Year 2014!

We CAN Weigh Loss Challenge Wraps ups this Month!



Forty-five City of Bryan Employees began the "We CAN" Weight Loss Challenge in September and the challenge will wrap-up on November 22nd. For each pound lost by participants, HEB will donate one pound of food to the KBTX Food for Families Food Drive to be held on December 11th at the Brazos Center. Stay tuned for results from the 4th annual challenge!

Final Weigh-In

Friday, November 22nd

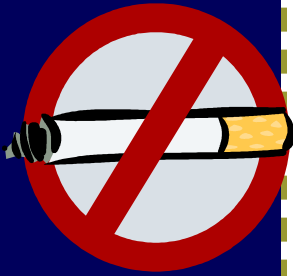
8am-9:30am or 11am-12:30pm

Risk Management Conference Room (MOB-2nd Floor)

It's not too late to get your Flu Shot!

All City of Bryan employees and covered dependents (age 5 years and up) can still receive the flu vaccine for no charge at the City of Bryan Employee Health Center (COBEHC). While you do not need an appointment, wait times may vary and calling ahead may save you time. The COBEHC can be reached by calling 979-821-7690.





Set a Quit Day: You Can Do It!

The American Cancer Society's Great American Smokeout is Thursday, November 21st

Are you planning to quit tobacco? Research shows if you pick a quit day that is within the next 30 days and stick to it, you will be more likely to succeed in quitting. Here are some other ways to prepare for your quit day:

- Pick the date and mark it on your calendar.
- Tell friends, family and co-workers about your quit day.
- Stock up on oral substitutes-sugarless gum, carrot sticks or hard candy.
- Think back to your past attempts to quit. Try to figure out what worked and what did not work for you.

There is no right way to quit. Quitting tobacco is a lot like losing weight-it takes a strong commitment over a long period of time. Tobacco users may wish there was a magic bullet-a pill or method that would make quitting painless and easy, but, unfortunately, there is nothing like that on the market. Nicotine substitutes can help reduce withdrawal symptoms, but they are most effective when used as part of a plan that addresses both the physical and psychological components of quitting tobacco. The City of Bryan's insurance (both PPO & HSA plans) covers tobacco cessation products for a zero dollar copay for up to two attempts per year. This includes the prescription drug Chantix and over-the-counter lozenges, gum and patches. A prescription is required in order for the plan to cover it.

Source: www.cancer.org/smokeout

Sexual Harassment and Rape Prevention Training

Wednesday, December 4th, 2013

2-5pm in the MOB Basement

Instructors: Officers Melinda Hayes & Jamie Harvey

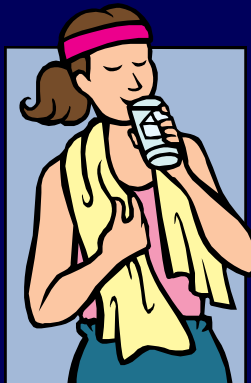
****Female employees only**

This training will cover:

- Personal protection
- Survival awareness
- Simple rules for safety
- Principles of avoidance
- Threat responses
- Basic protection techniques



To register, click [here](#).



Want to Try a Free Jazzercise Class?

Monday, November 4th @ St. Anthony's Gym (306 S. Parker Ave, Bryan)

Doors open at 5:15pm

Door prize drawings and free food from Casa Rodriguez, Napa Flats and Patranella's Bakery after the 40 minute class.

Donations to the St. Joseph Cancer Center will be accepted as the instructor, Cathy Lyles, is celebrating 10 years as a cancer survivor!

Want more info about Jazzercise? Click [here](#).

Know Your Benefits

Open Enrollment: October 22nd-December 2nd, 2013

Click [here](#) to get more information about benefits or attend an Open Enrollment Meeting.

OPEN ENROLLMENT CALENDAR			
OCTOBER 2013		NOVEMBER 2013	
Monday 28th		Friday 1st	
• 8:30am- 9:00am	BTU Engineering/Design (BTU Conf. Rm.)	• 8:00am- 8:30am	Community Development (Horizon Bld)
Tuesday 29th		• 5:00pm -5:30pm	BTU Dansby Plant
• 8:00am – 8:30am	College Station Library	Monday 4th	
Wednesday 30th		• 8:30 am – 9:00am	COB IT Department (Conference Rm.)
• 8:00am – 8:30am	Bryan Library	Tuesday 5th	
Thursday 31st		• 7:00am- 7:30am	Municipal Service Center (Training Room)
• 7:30am – 8:00am	BTU Distribution	• 8:30am – 9:00am	BTU Admin. Conference Room
• 9:00am – 9:30am	BTU Transmissions	• 9:15am – 9:45am	BTU Admin. Conference Room
• 11:00am – 11:30am	BTU QSE	• 2:00pm – 2:30pm	BTU IT Department (BTU Conference Rm.)
• 4:00pm & 5:00pm	BTU Dansby Plant	Wednesday 6th	
 <p>An Evening Open Enrollment Meeting is scheduled for Tuesday, November 12th at 6pm in the Municipal Office Bldg on the 2nd Floor.</p> <p>Please RSVP by calling Florencia Galaviz at 979-209-5053 **Spouses are encouraged to attend**</p>		• 8:00am – 8:30am	Municipal Service Center (Training Room)
		• 10:30am – 11:00am	Golf Course
		• 11:30am – 12:00am	Animal Center
		Thursday 7th	
		• 6:00am & 7:00am	Police Department (Shift Briefing)
		• 8:00am – 8:30am	Municipal Office Building (Basement)
		• 2:00pm – 2:30pm	Municipal Office Building (Basement)
		• 3:00pm – 3:30pm	Police Department (Shift Briefing)
		• 6:00pm & 7:00pm	Police Department (Shift Briefing)
		Friday 8th	
		• 6:00am & 7:00am	Police Department (Shift Briefing)
		• 7:30am – 8:00am	MSC Training Room
		• 6:00pm & 7:00pm	Police Department (Shift Briefing)
		Tuesday 12th **RSVP	
		• 6:00pm – 6:30pm	Evening Meeting *Spouses Invited Municipal Office Bldg. 2 nd Floor
		Wednesday 13th	
		• 3:00pm – 4:00pm	Justice Center (Secondary Court Rm)
		Thursday 14th	
		• 10:00am – 10:30am	Municipal Office Bldg. (Basement)



Open Monday-Friday 8am-5pm

(closed from noon-1pm)

**last patient accepted at 11:30am and 4:30pm daily,
walk-ins accepted from 8-9:30am daily (acute illnesses only)*

Remember: all clinic closings are posted at

http://www.bryantx.gov/wellness/?page_id=539

Call 979-821-7690 for an appointment!

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

(979) 209-5050

ward@bryantx.gov

www.bryantx.gov/wellness

Copies of this newsletter are available in Risk Management.